

# Test kit: Vital substances

ORY ANALYSIS – CAPILLARY BLOOD

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## Vital substances under the microscope

Feeling healthy and powerful is actually our basic state of being. In addition to water and oxygen, the basic nutrients that are essential for a variety of bodily functions include macronutrients and micronutrients. Macronutrients can be further divided into carbohydrates, proteins and fats. They provide our body with energy and provide it with the building blocks for the structure of our

cells, tissues and organs. Micronutrients primarily include vitamins, minerals and trace elements. They perform various functions in the human organism. Nutrients must be supplied daily in sufficient quantities through a balanced diet. A nutrient deficiency always occurs when our body is not sufficiently supplied with certain nutrients for various reasons and over a longer period of time.

### Causes:

- unbalanced diet
- vegan or alternative diets
- pregnancy and breastfeeding
- old age
- intensive sports activity
- permanently high stress factor
- disturbance of the absorption & utilization
- alcohol and nicotine consumption
- intake of medication

### Possible symptoms:

- Pallor
- Fatigue & feeling of weakness
- Muscle and limb pain
- Headache
- Lack of concentration
- Nervousness
- skin, hair and nail problems
- torn corners of the mouth
- bleeding gums

## TEST INSTRUCTIONS:



### CHECK

- Requirement sheet + instructions for performance
- 2x capillary blood tubes (1 reserve)
- 2x lancet (1 reserve)
- 1x transport tube
- Alcohol swab + plaster
- Shipping box + adhesive tape for secure sealing



### TEST INSTRUCTION

- Warm your hands on a warm cup to improve blood circulation to the fingers
- Open the cap of the capillary blood tube
- Clean your middle or ring finger with the alcohol swab before taking the blood sample and allow the alcohol to dry.
- Twist the blue cap off the lancet and press the lancet firmly against the outside of the finger so that it is released.
- Discard the first drop of blood as it contains too much tissue fluid
- Massage the finger toward the puncture site to allow a hanging drop to form
- Swipe the blood drop on the tube until the specified fill level of 0.5ml is reached
- Close the tube with the cap and swirl it gently



### PACKING AND SHIPPING

Please put the capillary blood tubes into the transport tube and together with the completed request form into the shipping bag and bring it to the mailbox or post office. Shipping envelope does not require postage.



**Important note: Please do not ship on Friday (weekend) or before holidays!**

*Done! You will receive an e-mail when your results are in.*

*"Health is not everything, but without health everything is nothing!"*

Arthur Schopenhauer